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HOUSEKEEPERS' CHAT

FRIDAY, June 3, 1932.

(NOT FOR PUBLICATION)

Subject: A June Shower Luncheon. Information from the Bureau of Home Economics, U.S.D.A.

Here comes the bride--to luncheon.

Early June days are full of fetes and festivities for the girl who is to be married this month. And my early June mail is filled with letters from her hostesses who want menus and recipes for showers, luncheons, teas and so on. June is one of the pleasantest months for entertaining. The market is full of fresh new products for your table. The garden has plenty to offer for decoration. And, if you are giving a luncheon, you can serve it on the porch and make it as summery as you please.

Let's talk over plans today for a shower luncheon for the bride-to-be, a dainty, summery, different luncheon, but one that the hostess can prepare herself.

To carry out the suggestion of summer weather, the Menu Specialist has chosen green and white for the color scheme of this luncheon. If you can feature these shades in your china, glass and centerpiece as well as in the food, so much the better. Perhaps I'd better add that for such an occasion a delicate green in decorations is most suitable, not such a very bright green as we often use for St. Patrick's day. White flowers, in a delicate green glass bowl for the center of the table. There's an idea.

The first course in this luncheon is a fruit cup. That's convenient for the hostess who does her own cooking, because she can prepare the fruit ahead of time and set it away in the refrigerator until she is ready to serve it. Fruit cup, then, of delicately colored fresh fruits in season. Possibilities for this cup are: grapefruit sections, fresh or canned; fresh pineapple diced; white or green grapes; diced canned pears, and perhaps a bottled green cherry for a garnish.

The main course will be served on individual plates. On each plate arrange a small spinach ring with creamed mushroom. Then place crisp hot potatoes beside it. Serve with this course hot cloverleaf rolls and celery hearts and small green pickles.

Next the salad course. Rings of green pepper stuffed with seasoned cream cheese. Serve them on lettuce with French dressing. Glass salad plates would be attractive here. Choose medium sized perfect green peppers for the salad. Cut a slice off one end of the pepper, remove the seeds inside, then stuff firmly with cream cheese and chill. Now with a sharp knife slice this stuffed pepper and arrange the slices on lettuce. Some small crisp crackers like saltines will make good accompaniments for this salad.

And for dessert, peppermint ice cream with tiny green and white frosted individual cakes and coffee. If you want to be extra fancy, candies in the proper colors can top off the meal.

Shades of green and white, you see, from the first to the last course.

Let's go over that menu again. Fruit cup of delicately colored fruits garnished with a green cherry; spinach rings with creamed mushrooms; Lattice potatoes; Celery hearts and small green pickles; Cloverleaf rolls; Salad of green pepper rings stuffed with Philadelphia cream cheese and served on lettuce; Crisp crackers with the salad; and, for dessert, peppermint ice cream with green and white frosted cakes and coffee.

You'll find an excellent recipe for peppermint ice cream in your radio recipe book. Page 124, to be exact.

That's that? Somebody in the back row wants to know about making lattice potatoes. They are made with a special lattice cutter, the kind that is on sale wherever you buy kitchen equipment. Cut the potatoes up with this cutter. Then fry them just as you do French fried potatoes.

I have two recipes I want to give you today. One is for spinach ring with creamed mushrooms. The other is for the tiny white cakes for dessert.

Spinach ring is something different, an unusual main dish for any special occasion or even for the family dinner. It is really spinach custard - cooked chopped spinach combined with cream sauce and eggs. For the family meal, use a large ring mold for the mixture. But for your bride's luncheon, use the little individual ring molds. Any kitchen supply store sells those (if you don't already own a set,) and they are very inexpensive.

Are you ready for the recipe for spinach ring? It calls for eight ingredients:

- 2 pounds of spinach
- 3 tablespoons of butter
- 2 tablespoons of flour
- 3/4 cup of milk
- 2 eggs
- 1/2 teaspoon of onion pulp
- 1 and 1/4 teaspoons of salt or salt to taste, and
- 1/9 teaspoon of pepper

There are the eight ingredients. I'll repeat them (Repeat.)

First, of course, you'll wash the spinach very carefully to remove every bit of grit. Then remove and discard the stems, drain the leaves free from water and chop them very fine. Now cook the chopped leaves about 5 minutes--or until they are wilted, stirring constantly. Then drain them and press out some of the liquid. Prepare a white sauce with the butter, flour and milk and stir until it is thickened. Beat the eggs very light and pour the hot cream sauce into them. Now add the seasoning and mix the sauce with the spinach. There's your spinach mixture. Pour it into well-greased individual ring mold, and set these in a shallow pan and surround them with water. Bake them as you would custards in a moderate oven (350 degrees F.) for 20 or 25 minutes or until well set.

Turn the molds out onto your hot luncheon plates and fill the center of each one with creamed mushrooms. A bit of red paprika on top and chopped parsley by way of decoration.

Now let's consider those little fancy cakes that you will serve with the ice cream. I am going to give you a rather large recipe for white cake, large enough to use if you have quite a big luncheon or tea. The very small-sized muffin rings are just right for baking these little cakes. If you don't care to make up the whole recipe in small cakes, some of it might be baked in a small loaf or layer cake pan. Or you might divide this recipe in half.

Here are the ingredients for white cake:

1 cup of milk
3 cups of flour
1 cup of fat
8 egg whites
3 teaspoons of baking powder
2 cups of sugar
1/4 teaspoon of salt
1/2 teaspoon of almond extract
1/2 teaspoon of vanilla, and
8 egg whites.

That makes nine ingredients. Please count them. (Repeat.)

Most housewives know how to mix cake ingredients, but you may be interested in receiving the steps in the process. First, place the fat in a warm place until it is soft, though not melted--just soft enough to combine easily with the sugar. This is just as satisfactory and much quicker than the old-fashioned method of creaming together the cold fat and sugar. After the fat and sugar have been thoroughly combined, add ingredients, which have been mixed and sifted together, alternately with the liquid. At the start add only a small quantity of the liquid. If too much is added, it dissolves the sugar. Then the fat separates into large masses which must be recombined with the other ingredients by beating. This makes useless all the work of combining the fat and the sugar at the beginning. Add the flavoring and fold in the well-beaten egg whites. Pour the batter into lightly greased, floured pans, taking care that it is spread evenly.

When you bake this mixture in cup cakes or thin layers, the oven should be about 275 degrees fahrenheit.

About the frosting on those little cakes. You'll probably like to make it in the easy way described in the green cook book on page 121, using a double boiler. When the frosting is made, divide it into two parts and tint one part a delicate green. Use cake coloring for this purpose. You can then ice half the cakes white and the rest with green. Or, if you're handy with a pastry tube, ice them all with white and decorate them with the green frosting.

Monday we'll talk about thrifty marketing - how to buy foods wisely.

